

# UNITY DAILY WORD

*A Page of Sunshine for Every Day*



Unity, 1937, No. 1

*Revealing the way to*  
**HEALTH, HAPPINESS and PLENTY**

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A YEAR

## AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

February 20 to March 19

*I rejoice in Thy guiding light.*

*I rejoice and am glad because Thy harmonizing love makes me every whit whole.*

*I rejoice and am glad because of the outpouring of plenty in me and in all my affairs.*

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VOL. XXVI  
No. 3



MARCH  
1937

## UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

### TO TRANSFORM OTHERS

If I act from the inner life the people will be transformed of themselves; I shall desire quiet and the people will become righteous.

—Lao-tse.

## MOTHER'S CREED

BONNIE DAY

The depths of metaphysic law  
    She little grasped or understood;  
Yet with clear eyes of faith she saw  
    One shining truth, that God is good.  
She could not quote one single line  
    Of affirmation, tenet, creed;  
But how she trusted love divine  
    To meet her every human need!  
Hers was a plain theology  
    That love could swiftly comprehend;  
Her whole religion was: to be  
    To all who needed her a friend.  
The laws of science and of art  
    She made no claim to understand;  
But love was law within her heart  
    And kindness law unto her hand.  
A wisdom never learned from books  
    But tutored by an inward grace  
Was written in her very looks  
    And shone reflected in her face.  
In thought profound and creed sublime  
    She builded better than she knew  
A doctrine that shall outlast time:  
    To trust, to love, to be, and do.

## DESIRE FULFILLED

**M**AN finds himself with many desires: desire for freedom, desire for supply, desire for health. He often experiences an inner void that he feels in some way can be filled. He experiences longings that he knows can be satisfied. He may go for years without having his desires fulfilled, yet all the time he knows that there is something somewhere that will satisfy his every longing and supply his every need. Fortunate indeed is he if and when he finds God and Truth.

Man's desire for freedom comes from his having sensed the possibility of his freedom. Were it impossible for him to be free, he could not sense freedom. He has a deeper conviction about his freedom, and it becomes more and more real to his thought. As he gains a clearer realization of it, the time of his freedom approaches.

The desire for supply—food, shelter, prosperity—comes to man and with it a kind of inner assurance that his desire is fulfilled. The measure of this assurance indicates the measure of the supply, also the time that will elapse before his desire is met. The desire for the necessities of life, the desire for success, is prompted by an inner urge to appropriate and to develop. We can see that desire is born of God and but foretells the coming of the blessings of God.

The desire for health is but man's longing to

have a certain inner presence of life and strength express itself more fully. Such a desire often prompts man to get into the consciousness of health and to become more receptive as regards the fulfillment of his desire.

Viewed from a negative standpoint, desire is akin to emptiness. Seen from the standpoint of Truth, desire is simply an indication that fulfillment is at hand. Were we content to think of desire as a void, we should continue in negation and emptiness. Desire as an indication of possibility, fulfillment, and satisfaction causes us to draw near to the presence and existence of the thing needed.

Do you see that desiring leads your thought nearer and nearer to fulfillment? As you desire, some clue to possession comes to you. That inner Spirit which has prompted you to desire reveals to you the way in which it will be fulfilled. You are shown how to appease a hunger, how to satisfy an inner longing. If viewed from the standpoint of Truth, desire always carries with it the means by which it may be fulfilled. This fact gives us courage and hope. We realize that we need not be content with anything short of fulfillment of our desire for freedom, health, and supply.

How are we to have desires fulfilled? By being positive and realizing that desire indicates not emptiness but fulfillment. By knowing that the means for



satisfying desire is revealed to us. By realizing that God and Truth prompt us to live the abundant life. By knowing that our desires for better things in life are God-prompted. By reaching to God in the sense that we know He is drawing nearer to us with the fulfillment and the blessing we seek.

Your wants and aspirations have their counterpart in God's world as supply and fulfillment. There would be no occasion for God to provide freedom and health and plenty for you if you had no desire for them. Your definite desire for something indicates that in God's storehouse this very thing exists for you. Your want indicates that you are coming closer and closer to the realization that your want is fulfilled.

Every one desires something, but not every one senses the fulfillment of his desires. He can do this only by taking a positive attitude toward desire. He must give more thought to fulfillment than he does to desire. He must sense the presence and tangibility of what he wants. He must feel that his prayer is already answered, his desire already fulfilled, in God's vast storehouse of infinite blessings.

Your desire for some good is but your innate inclination to make yourself receptive to some blessing of God. You sense that God has some good in store for you and make yourself ready to receive of His bounty. Desire anticipates fulfillment.

## THE OTHER FELLOW

**S**URPRISING indeed is the fact that with most persons the great problem in life is not the problem of their individual affairs but that of their relation to other persons. Possibly more unhappiness, bondage, or ill-health results from the problem of the other fellow than from anything else in life. To many persons "the other fellow" is the "devil" in their life.

We can do very, very little about the other fellow but we can do much about ourselves. We can keep out of the self-hypnosis in which we believe that he has power to limit us or make us unhappy. We may not have any power over him but we do have absolute power over our own thinking. We know that no person in all this world has a right to make us believe that our happiness or freedom is dependent upon him.

Do you see that what seems to be the other fellow, what appears to be the problem of his attitude toward you, is but your own problem of what you think about him? Were you to think of yourself as enslaved to his thought and actions you would be so regardless of what his thoughts or actions were. You can solve the problem of the other fellow only by means of a thought in your own mind.

You put yourself in bondage when you believe that any person in this world has power to limit the

freedom of your thought or interfere with your happiness. Many put themselves in a state of unhappiness, bondage, and misery because they fall in love with people who do not return their love. They give to these people the power to keep them in bondage. Others become miserable because loved ones move away or pass from sight. They spend years in believing that the absence of some one has power to make them unhappy. If he were present they would possibly be just as unhappy over something he would say or do.

Life becomes rather complicated when we believe that it is so scrambled and interrelated with the lives of other persons that they interfere with our personal freedom. We were created free! The thoughts and actions of other persons cannot enslave us, cannot cause us to give up our individuality, happiness, and freedom.

The other fellow comes into your life to bless you with a sense of happiness. Beyond that he cannot go. He cannot dictate either happiness or unhappiness for you. You yourself decide in your own mind what your reaction to him is to be. You cannot know any worse form of human bondage than entertaining the belief that you are in bondage to another's thought or action. If you believe that his presence or absence affects your happiness or unhappiness, your freedom or bondage, you show that you believe in the slavery

of yourself to others. You can solve this problem of the other fellow only by clearing your mind of such a belief. Realize that your problem is impersonal to the extent that it can be solved and cleared through taking the impersonal view of life.

Many persons are in bondage to others because they place others under bondage to themselves. If you try to limit the other fellow's freedom, you will find that you believe that the other fellow can limit yours. If you place yourself in the position of becoming some one else's personal problem, you put yourself in the place of having a problem of your own.

The impersonal consciousness frees us from all belief that others can limit us in any wise. It is the consciousness of Truth based upon an understanding of God. It is the realization that no other person in all this world is endowed by God with power to limit your expression and freedom. It is the revelation of Truth wherein you know freedom of expression and the abundant life.

Aim to reach in consciousness the realization of Truth by which you always see the other fellow in a favorable light. Give God in the midst of you primary importance in your life. Never put other persons above God. Do not give to them the power belonging to God. Live in the thought that what the other fellow thinks and does pertains to his own life, not to yours.

## LIFE SHOULD MAKE US SMILE

**A**LL ABOUT us we see those for whom living is a burden. The petty little situations in life that they encounter provoke them and are occasions for vexation. These people do not realize that the purpose of life is to bless them and inspire them to joy. They may feel that the world is jeering at them when the truth of the matter is that life is but seeking to make them smile.

For some persons just living is an effort. They find that they go counter to life. This causes them to feel that life is going counter to them. Life takes on a countenance of sadness for them because they behold in life the reflection of their own unhappy face. Living causes them unhappiness, although its purpose is to make them smile.

Do you not know people who see the humorous side of situations in life that cause you to see their more serious aspect? Life presents to us the picture that we call forth from it. We view it from the consciousness of sorrow and defeat or else from that of joy and victory. According to a popular expression, we are "on top of the world" when we take the attitude that it is beneath us, to support and to serve us. If we take an adverse view of life, then the world seems to be on top of us, and we feel that it is weighing us down.

Possibly you would like to stop right here and

sense just what is your reaction to life at this very moment. Is some subconscious thought about the world, its people, and its things depressing you? Did some situation earlier in the day "take the wind out of your sails"? Did you react to some experience with a thought of defeat, of "what's the use"? Do you not see that life means to you only what your reaction to it means to you? If you react from the standpoint of joy and victory, the world cannot spell sorrow and defeat for you.

What are we to think of those who go smiling through life? Are they any different from those who do not smile, beyond being different in consciousness and in reactions? Certainly life to those who smile through their experiences is the same kind of life as that of those who take the attitude of defeat and despair. Surely the only difference is the difference in viewpoint and reaction.

Were we to set out each morning with a joy in our heart that knows no challenge and defeat and keep this joyful attitude, life would have to do the adjusting and adjust itself to us. Living would be but secondary to the primal thought in mind, the thought of joy and victory. We need to take the attitude that we can interpret life according to our desire; then choose to be happy. Never should we take the attitude that life can dictate to us whether or not we shall smile, whether or not we shall take

the victorious attitude.

The smiling consciousness interprets life and its situations from the standpoint of victory. Indeed the individual who takes the smiling and victorious attitude sees life at its best and is the recipient of heaven's choicest blessings. Life makes him smile. Life offers him many occasions for smiling. Life gives him much because it likes his smiles.

Learn to interpret life from the standpoint of supremacy over it, and react to its situations from the standpoint of victory and joy. See life as contributing something to make you happy in all that you do. See life as a happy friend and go hand in hand with it.

Rejoice this day that through this message of joy you are accepting the joyful attitude toward life. Be undefeated. Above all, do not blame life for the adverse experiences that you attract to yourself. Be good to life; you will find life a merry adventure.

Life smiles back at us when we have learned to smile at life. Life can offer us naught but that which will make us happy when in our heart of hearts we have beheld life from the standpoint of victory. Nothing in life can make us distressed or depressed when we know that life holds up to us a mirror of happiness in which is reflected the joy of our own heart. We discover that the smile life bestows is the reflection of our own smile.

## BEYOND THE CROSS

ELIZABETH ROSS

Beyond the cross  
Whereon self-love is laid  
Stands Christ! Be not afraid  
If in the garden of Gethsemane  
You walk alone.  
Be not dismayed  
When personal gods, enshrined  
Too long, are overthrown.  
Arise! lift up thine eyes!  
Behold the Christ beyond the cross  
Eager to compensate thee  
For thy seeming loss.  
Within His hands He holds  
Rare gifts of value more  
Than finite mind can measure:  
Abundant life, enduring love,  
All good, all heaven's treasure!



## MONDAY, MARCH 1

---

*I have supreme faith in the power of God  
to overcome every appearance of evil.*

WHEN WE declare our faith in God, we at the same time cease to believe in anything as having power to prevail against God. Our supreme faith indicates that we have risen above all doubt in God. We believe that His presence and power will prevail to the exclusion of all else.

Those who doubt God are those who believe that He has some rival. They believe that some power will rise up against God, that some situation will prove too much for Him. The doubter believes that God is lacking in power. He believes that omnipotence in some fashion is divided between God and a competitor.

Faith assures us that God in His goodness will prevail at all times and in all situations. Our faith serves to convince us of the existence in Truth of that which has not yet become visible and tangible to physical sense. We put our faith in God and find that our faith is centered in the good we seek to have expressed in our life.

*Faith is a confident assurance of that for which we hope,  
a conviction of the reality of things which we do not see.*  
—HEB. 11:1 (Weymouth version).

## TUESDAY, MARCH 2

---

*All fear is now cast from my mind as I  
abide in the courage of Spirit.*

**F**EAR thoughts have no place in the mind consecrated to God and to Truth. Fear of persons, things, and situations is cast from the mind when it is dedicated to God and to His fearlessness. We are no longer afraid when we understand that in Spirit we are ever fearless and courageous.

If you are afraid, resolve the situation back to your mind. See fear as it exists on the field of thought. In your mind you decide whether or not you will fear persons or things. Your reaction in terms of fear is the basis of all fearful situations. If you react to situations through courage, then they have no power to make you afraid.

Casting fear from the mind is a matter of keeping it charged with courage. You cannot entertain a thought of fear when your mind is filled with courageous thoughts. When you think only thoughts of courage, you will react to all the situations in your life from the standpoint of absolute fearlessness. Nothing in all this world can make you afraid when you are established in the courage of Spirit.

*There were they in great fear, where no fear was.*  
—PSALMS 53:5.

## WEDNESDAY, MARCH 3

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*The Spirit of peace abiding at the heart of  
my being now fills my mind and my world  
with peace.*

**I**F YOU are looking for peace, seek first to find it in the presence of God within you. If your peace is centered in God, you cannot be inharmonious. Things of the world cannot disturb you when you realize that within you is a peace that cannot be affected or changed by the world about you. You find that things have no power to take your peace from you.

The Spirit of the peace of God within you is the Spirit of your own abiding sense of peace. The might of God is centered in this peace and all things of your world are brought into peaceful relations. Your world comes to take on the character of the peace of God within you.

Live today in the realization that you live in the peace of God. Realize that nothing in all this world has power to disturb your peace. Know that the peace of God is constant, unaffected by the persons and things of the world about you. Live in God and in perfect harmony.

*He is our peace, who made both one, and brake down  
the middle wall of partition.—EPH. 2:14.*

## THURSDAY, MARCH 4

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*I am free from all impatience, because I patiently witness the working of Spirit in all my affairs.*

**I**F YOU would be free from the habit of impatience, learn to stand witness to the work of Spirit. Patiently expect good things of the Lord. Witness His work in your affairs regardless of what appears to be on the surface of things. You cannot be impatient when you are established in the patience of Spirit.

Many become impatient because they think that the work of Spirit may be delayed. They believe that the work of some evil power will take place before Spirit can act. They think that through their impatience they can arrive at some means of hurrying the work of Spirit.

When you are impatient, you very plainly show that you do not trust God. You show that you believe some human effort on your own part is needed to bolster up the power of God. Your impatience shows that you need to put your entire trust in God and then stand aside and witness the good that He will cause to be manifested in your life and affairs.

*The patient in spirit is better than the proud in spirit.*  
—ECCLES. 7:8.

## FRIDAY, MARCH 5

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*The love of God in me now prompts me to give up every unloving thought and to be loving at all times.*

THE LOVE of God is mighty to set you free from all personal hate and animosity. Abiding in the love of God, you cannot think unloving thoughts or perform unloving deeds. You can see that the only way to free yourself from the unloving attitude toward life is to fill yourself with love, to remain conscious of the loving presence and power of God within you.

Those who do not love their fellows fail to love God. The person who loves God is certain to love his associates. The love of God prompts him to be loving at all times. This love assures him of a loving attitude on the part of other persons.

The love of God causes us to rise above the bondage of personal hates. God's love causes us to emerge into a world that is God's, one in which love is enthroned and is power. Living in God's world, we cannot know hate. God's world is the great universal world of love ample and broad enough to eradicate every evidence of hate.

*Forbearing one another in love.—EPH. 4:2.*

## SATURDAY, MARCH 6

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*The goodness of God now becomes evident and tangible through my loyalty to God.*

**M**ANY PERSONS do not seem to have much good in evidence in their life, because they are so busy fighting evil. Even metaphysicians sometimes become so involved in denying evil out of their life that they fail to find the good. They need to turn wholeheartedly to God and see His presence on every hand.

The word of God, the message of Truth, when obeyed, will be the means through which we discover the good in our life. This message celebrates the omnipotence of good to the exclusion of all evil. It is the message from God to a humanity finding itself bound by belief in the power of evil.

Live today in the consciousness that God, the good, is all there is in Truth. React to all situations from this standpoint. See evil disappear through your stressing the presence of God. Abide in the realization that the good is now coming into evidence in your life as the good you expect, desire, and need.

*He that giveth heed unto the word shall find good.*  
—PROV. 16:20.

## SUNDAY, MARCH 7

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*I abide this day in the consciousness that the presence of Spirit within me makes me quiet and still.*

THOSE WHO find the noise of the world disturbing have but to turn to the quietness and stillness of the realm of Spirit within them. They need but take their thought off the things of the world and give it to Spirit. They find stillness when there is no longer any disturbing thought in their mind.

You will find power in quietness. Practice turning often to the presence of God within you. Turn from problems, worldly affairs, noise, and confusion and find in the presence of God the quietness and strength you need.

The world of stillness within you is the world of Spirit. You need but turn to God in order to find yourself in such powerful silence that the things of the world cannot disturb you. You only need to keep in touch with God in order to feel His power of silence commanding every situation in your life. His quietness in your affairs is characteristic of His abiding presence.

*Enter thou into thy chambers, and shut thy doors about thee: hide thyself for a little moment.—ISA. 26:20.*

## MONDAY, MARCH 8

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*The wisdom of Spirit now directs me in right decisions and into the path I should take at this time.*

THE WAY of Spirit is the way of light, peace, joy, love, courage, life, and success. When we go the way of Spirit, we are assured of Spirit's blessings. When we go in the opposite direction, we deprive ourselves of the good that is rightfully ours.

The path we take under spiritual wisdom is the path that Spirit directs us to take. It leads us into our highest good, to our ideals fulfilled, to consummated blessings. We cannot lack any good thing when we go the way of Spirit. Spiritual wisdom leads us into the blessing we desire and seek.

You will not have difficulty in making decisions if you realize that Spirit recognizes but one way. All other ways diverge from Truth, from the true way. Other ways are but time consumers and must be abandoned in order that you may get back to the way of Spirit.

Let the wisdom of God within you direct you this day as to which path you should take in order to be guided into your highest good and to God's choicest blessings.

*Make also the way of escape.—I COR. 10:13.*



TUESDAY, MARCH 9

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*God's law now operating in my life is the law that causes my highest good to become manifest.*

GOD, the law of good, must be recognized as the law that operates in our life in order to cause good to become visible and tangible. The action of God is always reliable and dependable. We think of God as law because of this reliability. We know that there is a definite science revealed in Truth, prayer, the things of God.

God is the principle of Truth. As principle He is something to be relied upon, like a principle in mathematics. Thinking of God as principle, we come to the realization that only good is based in principle. We see that there can be no principle back of evil.

There can be no law of adversity working in your life when you realize that in Truth there is only the law of good. This law has no rival. The law of good operates in your life as the law of love, health, and prosperity.

The law of good can have as its effect only the good that comes as the blessing you seek.

*The law of Jehovah is perfect, restoring the soul.*  
—PSALMS 19:7.

WEDNESDAY, MARCH 10

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*The justice of God now expresses itself  
through me toward all people.*

TAKE the attitude toward life that God through you is just toward all persons. Be an open channel for the expression of divine justice. Never let yourself be the vehicle through which injustice is expressed. Were you to be unjust to others, you would build up a consciousness of injustice that would cause injustice to appear in your own affairs. If instead you have a consciousness of justice, then you are assured of justice in all your affairs.

The just man but becomes the avenue through which flows the justice of God. He is the channel through which God expresses justice to the man's fellows. We can see that when our fellow man in turn expresses justice toward us it is because of his deference to the Spirit of justice within us.

Think often of justice. See it coming into evidence as the presence of God. Know that your affairs are ruled by God and His justice. Look on every hand for the appearance of justice.

*His work is perfect;  
For all his ways are justice.*  
—DEUT. 32:4.

## THURSDAY, MARCH 11

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*I give up every anxious thought, because I  
have learned to trust in God.*

**A**NXIETY has no place in the mind of the person who trusts in God. His trust is an antidote against worry. His belief in the supremacy of God is his assurance that nothing in all the world can give him cause for anxiety. He is freed from anxiety through replacing it in mind with thoughts of trust and assurance.

Many persons live in a continual state of anxiety. They seem never to be free from anxious thought. They are anxious about their own affairs, their relatives and neighbors, their future, their health and success. Anxiety seems to be some sort of omnipresent god in their life. We observe a conspicuous void, a lack of trust in God.

The anxious person quite often becomes so concerned about the state of external things that he loses sight of his inner world, where God is found. He would not be anxious were he to place his world in God's keeping and keep his whole thought centered in God. Only trust in God can free him from anxiety.

*Cast thy burden upon Jehovah, and he will sustain thee.—PSALMS 55:22.*



# Easter Come

## Ruth Wilan

In earth's forgiveness of winter  
In warm, brown sod, green  
In the softened glow of night  
I catch the spirit of the Easter  
In violets nodding along the road  
In the mellowed tang of wind  
In new leaves glistening on a  
I hear the glorious resurrection  
In the faith of souls who on life  
Surrender human, serene mind  
And walk in Truth's light Christ  
I read fulfillment of the Easter

# Times True

## h Island Shaw

veness of winter's wrath,  
n sod, greening path,  
glow of night's star throng,  
it of the Easter song.  
ing along the river trail,  
ed tang of winds in the vale,  
glistening on a sycamine limb,  
ious resurrection hymn.  
souls who on love's cross  
an, serene mind dross,  
ruth's light Christed, free,  
ent of the Easter prophecy.



## FRIDAY, MARCH 12

---

*The Truth of Christ now established in my consciousness frees me from all erroneous thought.*

THE MESSAGE of truth brought by Jesus Christ to a suffering humanity is the truth that frees it from those erroneous beliefs which have deprived it of freedom, health, and plenty. We can see that the Truth of Christ is very much cherished by Christians, because by it they know erroneous thought as untrue, unreal, unworthy of their Christhood.

Our lesson today aims to inspire us to turn from erroneous beliefs—beliefs in sin, evil, hate, fear, disease, and failure—and to rise to Truth. Spiritual education, through which we give up false beliefs for Truth, is a process of letting the Spirit of truth convince us that there is naught but Truth.

The Truth of Christ active in consciousness causes us to give up all belief in adversity. We find that only Christ is true, that only that which is identified with Him is real. Truth based on Christ is the most substantial thing in all the world. Truth alone endures. False values perish, but Truth lasts throughout all eternity.

*Speaking truth in love.—EPH. 4:15.*

SATURDAY, MARCH 13

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*I am no longer in mental or physical bondage. Through Christ I am free.*

**F**REEDOM is man's ideal. Regardless of what he may be doing or where he may be, deep down in his heart is the belief and hope of perfect freedom. There may be times when it would seem as if escape from bondage were impossible, but nevertheless something within him tells him that freedom is possible to him. The Christ within him tells him that nothing in all the world can keep him in bondage. He may not perceive for a while just his way of escape from bondage, but he knows it is possible. His ideal in consciousness prompts him to know that his freedom is at hand.

Bondage is primarily mental. We become bound by our thoughts of bondage. Later these cause us to be in bondage physically. We can see that the only escape from bondage is through freedom from binding thought.

If you would be free, meditate often upon your freedom. Keep out of your mind every thought of bondage.

*I shall walk at liberty;  
For I have sought thy precepts.*

—PSALMS 119:45.

## SUNDAY, MARCH 14

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*The joy of God fills my heart, and my whole being is filled with joy.*

WHEN the joy of God fills us, there is no place for sorrow and depression. We cannot be sorrowful and at the same time rejoice in God. We cannot entertain thoughts of sadness when the joy of God fills our heart. We find that the joy of God causes us to rejoice in every situation.

Rejoice for every evidence of the goodness of God. Rejoice for the good that is coming to you this day. Rejoice for blessings visible and invisible. Let the Spirit of rejoicing so fill your heart that you no longer let sorrow dominate you. Let joy be your keynote today and view all situations through eyes of joy.

The joy of God is constant when it is enthroned in our heart. The things of the world cannot change or affect such joy. It is founded upon that which does not change or pass away. It has God for its foundation and substance.

As a child of God you are entitled to great joy. Every experience in your life should contribute to your joy.

*That my joy may be in you, and that your joy may be made full.—JOHN 15:11.*



MONDAY, MARCH 15

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*The mind of God now active in me inspires  
me to give up negative thoughts and accept  
the thoughts of God.*

YOU lend your mind to the thinking of negative and adverse thoughts or else you think in conformity with Divine Mind. Thoughts of the mind of God are thoughts of wisdom, peace, joy, love, courage, health, and plenty. These thoughts are antidotes to negative thoughts.

The mind of God is discovered through your own spiritual consciousness. Thinking Godward, you identify yourself with the mind of God. You unify yourself with such thoughts as will cause you to realize your oneness with the things of God.

As we think of God, we think of that part of our nature which is like God. We think of our innate divinity. We realize that through spiritual thinking we identify ourselves with the goodness of God.

The mind of God is identical with the mind that God has given us. We may think contrary to God but we finally need to give up negative thoughts and think only in harmony with Him.

*He is in one mind.—JOB 23:13.*

TUESDAY, MARCH 16

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*I am ever one with the presence of God,  
ever one with His good, ever identified  
with His blessings.*

OUR LESSON today serves to call our attention to our oneness with God and His blessings. First we need to cease thinking of ourselves as unified with adversity. We need to disconnect our thought from sin and evil and limitation. Next we need to realize that in Truth we are one with God, one with all good.

Do you know that man either identifies himself with God and His blessings or else with lack and limitation? Have you discovered that there is a great secret back of such identification, that you live in surroundings characteristic of the thought with which you are identified? You can see that being identified with thoughts of God tends to identify you with the things of God.

God is ever with you as that tangible blessing which you desire and need. Your part is to realize that He is with you, that your blessing is at hand. Through affirming your oneness with God, you come into the realization of your oneness with His blessing.

*The Lord is with thee.*—LUKE 1:28.

WEDNESDAY, MARCH 17

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*Through the power and authority of God in the midst of me I free myself from any so-called power of evil and realize the omnipotence of God.*

GOD is the only power in Truth. His omnipotence is not shared with that which man calls evil. God recognizes no power in evil, because He is Himself omnipotent. We too find that through thinking of the power and authority of God we come to realize that naught else has power.

God gives you authority over your world and power to cast from it all that is unlike God. You have power and authority over sin, disease, fear, and lack. You have God-given power over all that does not belong to God's world of power, reality, and goodness.

Abide this day in the realization of God's omnipotence. Think of His power and authority to the exclusion of all else. Think of His omnipotence as comprising all of goodness. Realize that in Truth nothing evil or unholy can have power over you.

Live today in the thought that you know naught but the omnipotence of good, the power of God.

*With authority he commandeth even the unclean spirits, and they obey him.—MARK 1:27.*

## THURSDAY, MARCH 18

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*The life of Spirit in the midst of me is now quickened as my own inexhaustible life and energy.*

THE LIFE of God within you is your own life, sufficient for every demand for energy made upon it. If you lack life, increase in consciousness of life. Become more aware that within you is inexhaustible life. Realize that the life of Spirit is identical with that within you which you call life.

In Spirit you are eternally alive. Nothing in all this world can limit the life of Spirit within you. Only your own limiting thought about life can put a limitation upon it. When you grasp the meaning of life, when you realize that through the Spirit of God you are forever alive, then you will have life abundant.

Live today in the realization that you have found the life of God within you. Realize that this life is your own energy. Know that you are thoroughly alive. When you have a need for more life, know that it is but a need for a greater consciousness of life. Free yourself from every limited belief about life. Let life express itself in and through you fully and freely.

*The years of thy life shall be increased.*—PROV. 9:11.

FRIDAY, MARCH 19

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*The light of Spirit now shining within me  
enlightens and illumines me.*

WHEN MAN was created, there was placed within him the light of intelligence. This light remains with him through all time as his innate wisdom and understanding. He cannot be ignorant or in the dark mentally so long as he realizes that he has within him this light of wisdom.

The light of Spirit goes with us wherever we go. In fact, we cannot be anywhere without it. Our way is illumined and we find that our life is under divine guidance. This light reveals to us the blessings we seek.

Realize today that you have light on your problem, light to reveal to you the good that has seemed to be hidden from you, light shining within and about you. You live in a world of light because you live in God.

As a child of God you are a child of light. You are enlightened with divine wisdom. Divine Mind shares its intelligence with you. You know just what to do at all times. Wherever you go, you are assured of being able to use divine intelligence in all situations.

*They that are wise shall shine.—DAN. 12:3.*

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY

March 20 to April 19

Illumination

*I thank Thee, Father, that Thou hast  
revealed Thyself in me as perfect wisdom.*

Healing

*Thy vitalizing energy floods my whole  
being, and I am healed.*

Prosperity

*The substance of Thy love abides with  
me, and I am in all ways prospered.*

SATURDAY, MARCH 20

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*The healing presence of Christ within and about me cleanses, vitalizes, heals, and strengthens me.*

IN ORDER to be healed you must give up every belief in disease and turn to the healing presence of Christ. You must no longer identify yourself with disease. You must know that you are one with Christ, one with His health and strength. The *modus operandi* of Christian healing is often explained as though it were a deep mystery, but the only explanation we know is a very simple one.

When you think of disease as something belonging to you, you serve to fasten disease upon you. When you turn to the healing presence of Christ, you relate yourself to health.

Many persons want to be healed but continue to relate themselves to disease through their thoughts and feelings. They must learn to identify themselves with Christ and thereby identify themselves with perfect health.

*Bless Jehovah, O my soul . . .  
Who forgiveth all thine iniquities;  
Who healeth all thy diseases.*

—PSALMS 103: 1, 3.

## SUNDAY, MARCH 21

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*Rich ideas now active in my mind cause me to give up every thought of lack and to accept prosperity as my portion.*

IDEAS of lack often bind men to poverty. Men's mental attitude causes poverty to appear in their life. They find themselves in an environment of lack because this is the outpicturing of their consciousness of lack. They experience failure in their undertakings, because failure is the keynote of their thought.

Rich ideas from Divine Mind is God's method of prospering man. Through these ideas God reveals to man his supply. If man entertains thoughts of lack, God cannot speak to him through rich ideas. Man's thoughts of lack serve as a barrier to prosperity.

Dedicate this day to prosperity. Keep thoughts of lack out of your mind by keeping it charged with prosperity. Become prosperous through having the Spirit of prosperity inspire and prosper you. Abide in the realization that you live in God's world, in His universe of plenty. Act from the standpoint of having plenty at all times. Learn to relate yourself to rich ideas and to prosperity.

*Both riches and honor come to thee, and thou rulest over all.*—I CHRON. 29:12.



## MONDAY, MARCH 22

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*I erase from my mind all belief that any person has offended me in word or deed. I forgive thoroughly.*

**I**N TRUTH we are taught to forgive readily and thoroughly. The study of practical Christianity enables us to rely upon an inner power of forgiveness. We turn from all belief that other persons can offend or harm us in word or deed. We enter that high impersonal consciousness in which there is no memory of offense and in which perfect love dominates.

If you feel that another person has offended you, if you are now trying to forgive him, try the Truth way of forgiveness. Take your thought off this person. Cease to call to mind the incidents that preceded the offense. Think in terms of forgiveness. Should this person come to mind, associate him with thoughts of love. Above all, avoid rehearsing in your mind the scenes and associations with the offense. Avoid discussing it with other persons.

Learn to call to mind this forgiving process when you say, "I forgive." Forgive sincerely and thoroughly.

*Whatsoever thou shalt loose on earth shall be loosed in heaven.—MATT. 16:19.*

TUESDAY, MARCH 23

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*I live in the realization that the Spirit of  
God ever saves and protects me.*

**M**AN going through varied experiences in the modern world often encounters what he calls danger. He has experiences in which he seems to be at the mercy of other persons and things of the world. He needs protection. He needs to realize that he has access to a presence and power that will protect and deliver him from all evil.

You need salvation from every belief and manifestation of evil and limitation. You need protection from that limited thought you have allowed yourself to harbor in mind. You need to turn to the Spirit of God within and about you and to realize that nothing of evil can come into your life since God is all in all to you.

The secret of protection lies in discountenancing evil and in identifying ourselves with the Spirit of God. We come to see that the only danger is that which derives from our belief in danger. We know that dangerous situations are attracted to us by such a belief.

*He will cover thee with his pinions,  
And under his wings shalt thou take refuge.*

—PSALMS 91:4.

WEDNESDAY, MARCH 24

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*The presence of God within me now exalts me above every limiting or debasing condition. In Him I am forever exalted.*

HAVE YOU felt the presence of God within you lifting you up? Have you discovered that you have within you that which cannot be limited or debased or affected by worldly conditions? Do you realize that the presence of God within you is ever exalting you to a consciousness of your oneness with God?

Spiritual exaltation is an experience that comes from our realizing that the presence of the Spirit of God within us is ever lifting us higher and higher. In Truth there is nothing to cast us down. Man goes forward and upward in the realization that his indwelling Spirit is forever urging him to advance in spiritual understanding.

Let this day be one of exaltation to you. Abide in the consciousness of spiritual ecstasy. Feel that you are one with the Spirit of God wherever you are and whatever you do. Live in the consciousness that God is ever within you, ever within and about you. Know that God is ever exalting you to the realization that you live in a world of spiritual blessings.

*Arise, shine.*—ISA. 60:1.

## THURSDAY, MARCH 25

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*As the temple of the living God, my body now expresses His presence of perfection and strength.*

A STUDY of the Bible reveals to us that the body is God's temple. We give up the previous conception of the body by which we thought of it as the habitation of impurity and disease. We realize that as God's holy temple it must be such as to be worthy of His presence.

God's ideas of perfection, health, and strength are embodied in physical form, and we call the manifestation a body. It is an embodiment of what Divine Mind has conceived of as the idea of man manifested in tangible and visible form. Were no adverse thought on the part of man to enter in, the body would always appear to be as perfect and strong as it is in the mind of God and in Truth.

Cease to think of your body as limited in any way. Realize that it is a spiritual manifestation brought into expression by the mind of God. Bless it with your spiritual consciousness. Realize that it is ever God's temple and keep it worthy of the divine presence that inhabits it. Your soul is but a guest in this house of God.

*He spake of the temple of his body.—JOHN 2:21.*

## FRIDAY, MARCH 26

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*Through prayer, the realization of my oneness with God's blessings, I find that I can do all things.*

PRAYER is the means by which we come to know that the blessing we seek is already ours. It is the means we have of realizing our oneness with God. By it we can bring into tangibility and visibility whatever we need and desire. Primarily prayer is communion with God.

We can do all things through prayer. We heal our body through the prayer that keeps the idea of health uppermost in our mind. We cause our affairs to prosper through the prospering prayer of abundance and success. We pray for an environment of peace and joy, and it becomes manifest.

Prayer has no restrictions upon it. Man simply lifts his heart to God and as a reward receives some blessing from God. He undertakes some new venture and God prospers his undertaking. He but needs to give God part in whatever he does in order to find that it is a success. He needs but pray in order to find that the thing he sought appears before him. He prays, and God appears in the form in which He can best bless man.

*The prayer of faith shall save him.—JAMES 5:15.*

## SATURDAY, MARCH 27

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*I relax in mind and in body because I place  
all my affairs in the keeping of God.*

RELAXATION mentally and physically comes from dropping from mind the thought that causes tenseness and from realizing that all our responsibilities are in God's keeping. The thoughts that produce tension are thoughts like those of resistance, fear, and doubt. They are thoughts based upon the assumption that there is some presence and power to be reckoned with beside the omnipresence and omnipotence of God.

If you would relax, depend more upon God. Realize that when you place yourself and your affairs in His keeping all is well. Know that there is nothing in all this world that can prevail against the goodness and the power of God. Rise to the consciousness that you do not have to fight in order to establish good and order and justice in your life. Give more and more responsibilities to God.

Relax today in the realization that you have the inner assurance and conviction that God prevails in your world. Feel that the presence of His harmony harmonizes your life and affairs. Know that all things are adjusted and regulated.

*Unto God would I commit my cause.—JOB 5:8.*

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## SUNDAY, MARCH 28

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*The presence of God within me is the Christ, and my every thought is now turned to my Christhood.*

**T**HROUGH the study of Truth we come to know that we share in the Christhood of Jesus. We find that He is our Elder Brother and that God is our Father. We discover that the Spirit of God within us is our Christhood, our spiritual nature, that of us which is divine.

Were our thought always upon Christ, we should not know sin and evil. The thought of our Christhood would prevail against the human notion of adversity. Christ would be uppermost in our mind and there would be no room for sin and evil. The ideal of the teachings of Christianity is that of turning Christians to the thought of Christ and keeping this in their mind to the exclusion of all else.

Take for your thought today the affirmation that will help you to be loyal to the presence of Christ within you, faithful to your own Christhood. Keep out of your mind every thought that would cause you to lose sight of your Christhood. Keep faithful to the trust committed to you.

*Thou art the Christ, the Son of the living God.*—MATT. 16:16.

MONDAY, MARCH 29

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*Today I give up every old and useless thought in order to be receptive to new thoughts and new viewpoints.*

WE ALLOW ourselves to stagnate mentally when we keep in mind old, useless, crystallized ideas. We find that new ideas cannot come into a mind overcrowded with crystallized ideas. In order to see life from new viewpoints we must depend upon new ideas.

New thoughts give freshness to the mind. We feel a sense of mental and physical newness when we accept new ideas. These give vitality to the mind. They convey a sense of renewed energy and strength. We see things from a new viewpoint and enter into a new world.

If you have allowed your thoughts to become crystallized, become receptive to new ideas. Seek to view yourself and your world from a new angle. You will find that entertaining new viewpoints will serve to give you a feeling of newness that nothing else can give.

Let today open to you a new vista. See your friends and associates in a new light. Visualize your duties and your work from a new viewpoint.

*Sing unto him a new song.—PSALMS 33:3.*



TUESDAY, MARCH 30

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*I appreciate and am grateful for every blessing that now appears in my life.*

THE SPIRIT of being appreciative is always rewarded. God always recompenses us for giving thanks for the good we receive. Every time we express our gratitude to God we open up wider channels to receive more for which to be thankful.

The person who is never appreciative shuts many blessings out of his life. Good things do not come to him. Things seem to have a way of knowing whether they are appreciated or not. They avoid going to the unappreciative person. The individual who is always prompt in giving thanks is certain to have plenty.

If we rejoice over every evidence of God's goodness, if we are ready to express our appreciation for what God does for us, we shall find that we have many blessings for which to express our gratitude. The thankful person never lacks blessings. Blessings seem to be attracted to him and appear to like his thankful spirit. His giving thanks for what he receives is a magnet that attracts to him much for which to give thanks.

*All things are for your sakes, that the grace, being multiplied through the many, may cause the thanksgiving to abound unto the glory of God.—II COR. 4:15.*

WEDNESDAY, MARCH 31

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*Turning to the Spirit of God within me, I  
discover heaven in my midst. I live in  
heaven.*

**B**ECAUSE God abides within us heaven is there. We need not look to some remote place or to some distant time in order to realize the presence of heaven. We have but to turn to the Spirit of God within us to find that heaven is in our very midst.

That which man has conceived of as hell is but his conception of what an opposite of heaven would be. Because man can conceive of such an opposite, he does not establish it as something that exists in Truth and in God's world. Hell is but the sum of man's satanic thoughts, the negative thoughts that he emits from his mind.

Learn to turn in thought to God many times daily, realizing that He is within and about you. Know that you abide in His presence, in heaven. Realize that no other condition can exist for you when you have the heavenly consciousness.

*I was not disobedient unto the heavenly vision.—ACTS 26:19.*

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## RESURRECTION

*This day I rise out of useless crystallized beliefs. From me fall bondage and limitation. The old chains of doubt and fear can no longer hold me. I am resurrected.*

## ASCENSION

*I ascend to that high consciousness wherein God reveals to me my glorious self, my likeness to Him. I ascend in thought to that realization wherein I behold my expressed and visible Christhood.*

## REINCARNATION

*My soul is now embodied in the perfect body that is mine in Spirit. In my body is incarnated that which God beholds as perfect man in tangible form. I am a new being because my consciousness daily renews me in mind and in body.*



